

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score<sup>1</sup> Among California Children  
(Diary Sample)**

	Average California Daily Food Guide Healthy Eating Practices Score
<b>Total</b>	<b>2.3</b>
<b>Gender</b>	
Males	2.3
Females	2.3
<b>Ethnicity</b>	
White	2.2
African American	2.5
Latino	2.4
Asian/Other	2.1
<b>Income</b>	
≤\$19,999	2.3 <sup>ab</sup>
\$20,000 - \$49,999	2.5 <sup>b</sup>
≥\$50,000	2.2 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	2.4
> 185%	2.3
<b>Food Stamps</b>	
Yes	2.6
No	2.3
<b>Overweight Status</b>	
Not at Risk	2.2
At Risk/Overweight	2.4
<b>Physical Activity</b>	
≥60 minutes	2.3
<60 minutes	2.3
<b>School Breakfast</b>	
Yes	2.5
No	2.3
<b>School Lunch</b>	
Yes	2.3
No	2.3
<b>Nutrition Lesson</b>	
Yes	2.3
No	2.3
<b>Exercise Lesson</b>	
Yes	2.3
No	2.2

<sup>1</sup> The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; and any beans. The maximum number of points was six.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
<b>Total</b>	<b>3.2</b>	<b>1.8</b>	<b>1.4</b>
<b>Gender</b>			
Males	3.2	1.8	1.4
Females	3.2	1.8	1.4
<b>Ethnicity</b>			
White	2.8 <sup>a</sup> **	1.6 <sup>a</sup> ***	1.2
African American	4.0 <sup>c</sup>	2.5 <sup>c</sup>	1.4
Latino	3.3 <sup>abc</sup>	1.8 <sup>ab</sup>	1.5
Asian/Other	3.5 <sup>bc</sup>	2.2 <sup>bc</sup>	1.3
<b>Income</b>			
≤\$19,999	4.1 <sup>c</sup> ***	2.6 <sup>c</sup> ***	1.5
\$20,000 - \$49,999	3.4 <sup>b</sup>	1.9 <sup>b</sup>	1.4
≥\$50,000	2.9 <sup>a</sup>	1.6 <sup>a</sup>	1.3
<b>Federal Poverty Level</b>			
≤ 185%	3.6 **	2.1 **	1.4
> 185%	3.0	1.7	1.3
<b>Food Stamps</b>			
Yes	4.3 **	2.6 **	1.7 *
No	3.1	1.8	1.3
<b>Overweight Status</b>			
Not at Risk	3.0 ***	1.7 **	1.3 *
At Risk/Overweight	3.6	2.1	1.5
<b>Physical Activity</b>			
≥60 minutes	3.3	1.9	1.4
<60 minutes	3.1	1.7	1.3
<b>School Breakfast</b>			
Yes	4.0 ***	2.5 ***	1.5
No	3.0	1.7	1.3
<b>School Lunch</b>			
Yes	3.3 *	1.9	1.4
No	3.0	1.7	1.3
<b>Nutrition Lesson</b>			
Yes	3.2	1.8	1.4
No	3.2	1.9	1.3
<b>Exercise Lesson</b>			
Yes	3.2	1.8	1.4
No	3.2	1.8	1.3

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 3: Breakdown of the Fruits and Vegetables Reported by California Children**

<b>Fruits and Vegetables</b>	<b>Mean Servings</b>
<b>Total</b>	<b>3.2</b>
Fruits	1.2
Juices	0.6
Vegetables	1.1
Salads	0.3
Green salads <sup>1</sup>	0.3
All potatoes	0.3
All fried vegetables <sup>2</sup>	0.2
Fried potatoes only	0.2

<sup>1</sup> This includes green salad, tossed salad, lettuce salad, and lettuce tomato salad.

<sup>2</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	Juices	Vegetables
<b>Total</b>	<b>1.2</b>	<b>0.6</b>	<b>1.1</b>
<b>Gender</b>			
Males	1.3	0.6	1.1
Females	1.2	0.7	1.1
<b>Ethnicity</b>			
White	1.1 <sup>a</sup> **	0.4 <sup>a</sup> ***	1.0 <sup>a</sup> *
African American	1.5 <sup>ab</sup>	1.0 <sup>c</sup>	1.1 <sup>a</sup>
Latino	1.1 <sup>a</sup>	0.7 <sup>bc</sup>	1.2 <sup>a</sup>
Asian/Other	1.6 <sup>b</sup>	0.6 <sup>ab</sup>	1.0 <sup>a</sup>
<b>Income</b>			
≤\$19,999	1.5	1.1 <sup>c</sup> ***	1.1
\$20,000 - \$49,999	1.2	0.7 <sup>b</sup>	1.2
≥\$50,000	1.1	0.5 <sup>a</sup>	1.0
<b>Federal Poverty Level</b>			
≤ 185%	1.3	0.8 ***	1.2
> 185%	1.2	0.5	1.0
<b>Food Stamps</b>			
Yes	1.2	1.4 ***	1.4 *
No	1.2	0.6	1.1
<b>Overweight Status</b>			
Not at Risk	1.1 **	0.6	1.0 **
At Risk/Overweight	1.4	0.6	1.2
<b>Physical Activity</b>			
≥60 minutes	1.3	0.7	1.1
<60 minutes	1.2	0.6	1.1
<b>School Breakfast</b>			
Yes	1.5 *	1.0 ***	1.2
No	1.2	0.5	1.1
<b>School Lunch</b>			
Yes	1.3	0.7	1.1
No	1.1	0.5	1.0
<b>Nutrition Lesson</b>			
Yes	1.2	0.6	1.1
No	1.2	0.7	1.0
<b>Exercise Lesson</b>			
Yes	1.2	0.6	1.1
No	1.2	0.7	1.0

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Salads, Percent	
	0 <sup>1</sup>	1+
<b>Total</b>	<b>86</b>	<b>14</b>
<b>Gender</b>		
Males	88	12
Females	84	16
<b>Ethnicity</b>		
White	85	15
African American	77	23
Latino	88	12
Asian/Other	88	12
<b>Income</b>		
≤\$19,999	87	13
\$20,000 - \$49,999	87	13
≥\$50,000	85	15
<b>Federal Poverty Level</b>		
≤ 185%	87	13
> 185%	86	14
<b>Food Stamps</b>		
Yes	82	18
No	86	14
<b>Overweight Status</b>		
Not at Risk	86	14
At Risk/Overweight	86	14
<b>Physical Activity</b>		
≥60 minutes	88	12
<60 minutes	84	16
<b>School Breakfast</b>		
Yes	84	16
No	87	13
<b>School Lunch</b>		
Yes	86	14
No	86	14
<b>Nutrition Lesson</b>		
Yes	89	11
No	83	17
<b>Exercise Lesson</b>		
Yes	87	13
No	84	16

<sup>1</sup> Categorized as having 0.5 servings or less.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 6: Range in Number of Servings of Fried Potatoes<sup>1</sup> Eaten per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 <sup>2</sup>	1+
<b>Total</b>	89	11
<b>Gender</b>		
Males	89	11
Females	90	10
<b>Ethnicity</b>		
White	90	10
African American	84	16
Latino	87	13
Asian/Other	96	4
<b>Income</b>		
≤\$19,999	88	12
\$20,000 - \$49,999	90	10
≥\$50,000	89	11
<b>Federal Poverty Level</b>		
≤ 185%	90	10
> 185%	89	11
<b>Food Stamps</b>		
Yes	79	21
No	90	10
<b>Overweight Status</b>		
Not at Risk	91	9
At Risk/Overweight	86	14
<b>Physical Activity</b>		
≥60 minutes	91	9
<60 minutes	88	12
<b>School Breakfast</b>		
Yes	84	16
No	90	10
<b>School Lunch</b>		
Yes	87	13
No	93	7
<b>Nutrition Lesson</b>		
Yes	89	11
No	90	10
<b>Exercise Lesson</b>		
Yes	88	12
No	92	8

<sup>1</sup> This includes french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.

<sup>2</sup> Categorized as having 0.5 servings or less.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables, Percent			
	0 <sup>1</sup>	1-2	3-4	5+
<b>Total</b>	<b>8</b>	<b>29</b>	<b>39</b>	<b>24</b>
<b>Gender</b>				
Males	7	30	39	24
Females	8	28	39	24
<b>Ethnicity</b>				
White	6	37	37	20
African American	7	20	34	39
Latino	10	22	41	27
Asian/Other	3	35	42	19
<b>Income</b>				
≤\$19,999	8	11	52	29
\$20,000 - \$49,999	8	26	35	30
≥\$50,000	7	36	39	19
<b>Federal Poverty Level</b>				
≤ 185%	10	20	38	31
> 185%	6	34	40	20
<b>Food Stamps</b>				
Yes	Insufficient sample size for analysis			
No				
<b>Overweight Status</b>				
Not at Risk	8	33	39	21
At Risk/Overweight	6	25	40	29
<b>Physical Activity</b>				
≥60 minutes	8	28	38	27
<60 minutes	7	31	41	20
<b>School Breakfast</b>				
Yes	4	20	38	38
No	8	31	39	21
<b>School Lunch</b>				
Yes	8	27	40	25
No	8	32	38	22
<b>Nutrition Lesson</b>				
Yes	9	30	39	23
No	6	29	40	25
<b>Exercise Lesson</b>				
Yes	10	27	40	23
No	3	34	38	26

<sup>1</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
<b>Total</b>	<b>57</b>	<b>17</b>	<b>11</b>	<b>24</b>
<b>Gender</b>				
Males	57	17	10	24
Females	58	17	13	24
<b>Ethnicity</b>				
White	50 *	13	7 *	20 *
African American	70	18	18	39
Latino	61	20	14	26
Asian/Other	59	16	11	19
<b>Income</b>				
≤\$19,999	72 **	20	14	29 **
\$20,000 - \$49,999	60	17	12	30
≥\$50,000	52	15	10	19
<b>Federal Poverty Level</b>				
≤ 185%	64 *	18	13	31 **
> 185%	54	16	11	20
<b>Food Stamps</b>				
Yes	82 **	29	26 **	50 ***
No	56	16	11	23
<b>Overweight Status</b>				
Not at Risk	56	16	12	21 *
At Risk/Overweight	60	19	12	29
<b>Physical Activity</b>				
≥60 minutes	57	20 **	13	27
<60 minutes	57	12	10	20
<b>School Breakfast</b>				
Yes	76 ***	26 **	22 ***	38 ***
No	53	15	9	21
<b>School Lunch</b>				
Yes	58	19	13	25
No	56	14	10	22
<b>Nutrition Lesson</b>				
Yes	55	17	12	23
No	60	16	11	25
<b>Exercise Lesson</b>				
Yes	56	17	12	23
No	60	17	11	26

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001



**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category:

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Orange Juice	Apples	Orange Juice	Apples	Orange Juice	Orange Juice	Bananas
2nd	Apples	Orange Juice	Apples	Orange Juice	Fruit Juices	Apples	Apples
3rd	Bananas	Bananas	Bananas	Bananas	Oranges	Apple Juice	Strawberries
4th	Apple Juice	Apple Juice	Strawberries	Fruit Juice	Apples	Bananas	Orange Juice
5th	Strawberries	Strawberries	Fruit Juices	Apple Juice	Strawberries	Fruit Juices	Grapes
6th	Fruit Juices <sup>1</sup>	Fruit Juices	Oranges	Applesauce	Bananas	Strawberries	Apple Juice
7th	Oranges	Oranges	Apple Juice	Strawberries	Apple Juice	Oranges	Fruit Juice
8th	Grapes	Grapes	Peaches	Oranges	Grape Juice	Peaches	Oranges
9th	Peaches	Peaches	Grapes	Peaches	Grapes	Grapes	Watermelon
10th	Applesauce	Applesauce	Applesauce	Grapes	Peaches	Pears	Peaches
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad <sup>2</sup>	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce <sup>3</sup>	Corn	Carrots	Tomato Sauce	Green Beans	Tomato Sauce	Tomatoes
3rd	Carrots	Tomato Sauce	Tomato Sauce	Carrots	Corn	Corn	Carrots
4th	Corn	Carrots	Corn	Corn	Tomato Sauce	Carrots	Bell Peppers
5th	Non-Fried Potatoes <sup>4</sup>	Veggies on Sandwich/Taco	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Green Beans
6th	Veggies on Sandwich/Taco <sup>5</sup>	Non-Fried Potatoes	Non-Fried Potatoes	Non-Fried Potatoes	Carrots	Non-Fried Potatoes	Potatoes
7th	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Non-Fried Potatoes	Green Beans	Broccoli
8th	Broccoli	Broccoli	Broccoli	Broccoli	Coleslaw	Broccoli	Mixed Vegetable Juice
9th	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Mixed Vegetables	Lettuce	Corn
10th	Green Peas	Lettuce Green Peas	Green Peas	Green Peas	Broccoli Vegetable Soup/Stew	Green Peas	Tomato Sauce Cabbage

<sup>1</sup>Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

<sup>2</sup>Green Salad includes tossed salad, lettuce salad lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other

<sup>3</sup>Tomato Sauce includes pizza sauce and spaghetti sauce

<sup>4</sup>Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes:

<sup>5</sup>Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

Shaded boxes or a box around a group were tied for a ranking.

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)**

How many total servings of fruits, ~~fruit juice~~, and vegetables ~~or salads~~ do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children <sup>1</sup>		
	0-2	3-4	5+
<b>Total</b>	<b>13</b>	<b>32</b>	<b>55</b>
<b>Gender</b>			
Males	12	26	62
Females	15	38	47
<b>Ethnicity</b>			
White	15	36	49
African American	19	31	50
Latino	11	27	62
Asian/Other	13	36	51
<b>Income</b>			
≤\$19,999	14	35	51
\$20,000 - \$49,999	12	27	61
≥\$50,000	14	34	52
<b>Federal Poverty Level</b>			
≤ 185%	11	29	61
> 185%	14	33	52
<b>Food Stamps</b>			
Yes	4	39	56
No	14	31	55
<b>Overweight Status</b>			
Not at Risk	16	36	48
At Risk/Overweight	8	24	67
<b>Physical Activity</b>			
≥60 minutes	16	28	56
<60 minutes	11	36	53
<b>School Breakfast</b>			
Yes	13	17	70
No	14	34	52
<b>School Lunch</b>			
Yes	9	29	61
No	18	35	47
<b>Nutrition Lesson</b>			
Yes	12	33	54
No	15	29	56
<b>Exercise Lesson</b>			
Yes	12	26	62
No	16	44	39

<sup>1</sup> Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

How many total servings of fruits, ~~fruit juice~~, and vegetables ~~or salads~~ do you think you should eat every day for good health?

Fruits and Vegetables	Percent	Servings of Fruits and Vegetables Eaten by Children, Percent		
		0-2	3-4	5+
Servings believed to be needed				
0-2	13	37	43	20
3-4	32	34	40	26
5+	55	35	42	23

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 46: Frequency of Eating in a Fast Food Restaurant during the Past Week (Phone Sample)**

In the past week, about how many times did you eat a meal or snack from a fast food restaurant such as McDonald's, Pizza Hut, Burger King, KFC (~~Kentucky Fried Chicken~~), Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children		
	0	1	2+
<b>Total</b>	<b>24</b>	<b>38</b>	<b>38</b>
<b>Gender</b>			
Males	26	33	41
Females	22	43	35
<b>Ethnicity</b>			
White	23	36	41
African American	38	46	15
Latino	22	38	40
Asian/Other	24	36	40
<b>Income</b>			
≤\$19,999	21	25	54
\$20,000 - \$49,999	28	39	33
≥\$50,000	22	40	38
<b>Federal Poverty Level</b>			
≤ 185%	24	38	39
> 185%	24	38	38
<b>Food Stamps</b>			
Yes	23	4	73
No	25	40	35
<b>Overweight Status</b>			
Not at Risk	26	38	36
At Risk/Overweight	21	39	40
<b>Physical Activity</b>			
≥60 minutes	28	30	43
<60 minutes	20	47	33
<b>School Breakfast</b>			
Yes	16	30	54
No	26	39	36
<b>School Lunch</b>			
Yes	20	33	48
No	30	44	27
<b>Nutrition Lesson</b>			
Yes	22	36	41
No	27	40	33
<b>Exercise Lesson</b>			
Yes	22	38	40
No	28	37	34

Excludes those reporting "don't know."

Reported mean times eating fast food in the past week was 1.4 times.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 52: Range of Minutes Exercised by Children on a Typical Weekday  
(Diary Sample)**

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
<b>Total</b>	<b>11</b>	<b>23</b>	<b>67</b>
<b>Gender</b>			
Males	8	20	72
Females	13	27	60
<b>Ethnicity</b>			
White	13	22	65
African American	7	32	61
Latino	12	21	67
Asian/Other	3	25	72
<b>Income</b>			
≤\$19,999	12	19	69
\$20,000 - \$49,999	12	25	63
≥\$50,000	9	22	68
<b>Federal Poverty Level</b>			
≤ 185%	17	21	62
> 185%	8	24	69
<b>Food Stamps</b>			
Yes	11	14	74
No	11	23	66
<b>Overweight Status</b>			
Not at Risk	9	24	67
At Risk/Overweight	14	21	65
<b>Physical Activity</b>			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
<b>School Breakfast</b>			
Yes	10	15	75
No	11	24	65
<b>School Lunch</b>			
Yes	11	26	63
No	10	19	72
<b>Nutrition Lesson</b>			
Yes	8	24	69
No	15	22	63
<b>Exercise Lesson</b>			
Yes	9	22	68
No	13	24	62

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 53: Minutes of Light, Medium, Hard and Total Physical Activity  
on a Typical Weekday (Diary Sample)**

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
<b>Total</b>	<b>16</b>	<b>30</b>	<b>45</b>	<b>91</b>
<b>Gender</b>				
Males	13 **	31	58 ***	103 ***
Females	19	27	30	78
<b>Ethnicity</b>				
White	14	32	39 <sup>a</sup> *	87
African American	14	36	43 <sup>ab</sup>	87
Latino	18	27	46 <sup>ab</sup>	93
Asian/Other	15	27	58 <sup>b</sup>	102
<b>Income</b>				
≤\$19,999	16	25	60 <sup>b</sup> *	101
\$20,000 - \$49,999	15	31	44 <sup>ab</sup>	93
≥\$50,000	16	29	41 <sup>a</sup>	88
<b>Federal Poverty Level</b>				
≤ 185%	15	23 **	54 **	93
> 185%	16	32	41	91
<b>Food Stamps</b>				
Yes	17	25	74 **	114 *
No	16	30	42	89
<b>Overweight Status</b>				
Not at Risk	18 *	33 *	42	94
At Risk/Overweight	12	25	48	87
<b>Physical Activity</b>				
≥60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
<b>School Breakfast</b>				
Yes	19	32	59 **	111 ***
No	15	29	42	87
<b>School Lunch</b>				
Yes	15	27	47	90
No	17	33	41	93
<b>Nutrition Lesson</b>				
Yes	15	33 *	47	97 *
No	16	26	42	84
<b>Exercise Lesson</b>				
Yes	16	30	48 *	95 *
No	16	29	37	83

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\* p&lt;.05

\*\* p&lt;.01

\*\*\* p&lt;.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)**

Number of minutes your child spent doing each exercise or activity.  
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
<b>Total</b>	<b>47</b>	<b>53</b>
<b>Gender</b>		
Males	38	62
Females	58	42
<b>Ethnicity</b>		
White	46	54
African American	48	52
Latino	48	52
Asian/Other	43	57
<b>Income</b>		
≤\$19,999	48	52
\$20,000 - \$49,999	47	53
≥\$50,000	47	53
<b>Federal Poverty Level</b>		
≤ 185%	49	51
> 185%	46	54
<b>Food Stamps</b>		
Yes	37	63
No	48	52
<b>Overweight Status</b>		
Not at Risk	47	53
At Risk/Overweight	48	52
<b>Physical Activity</b>		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
<b>School Breakfast</b>		
Yes	40	60
No	48	52
<b>School Lunch</b>		
Yes	49	51
No	43	57
<b>Nutrition Lesson</b>		
Yes	47	53
No	46	54
<b>Exercise Lesson</b>		
Yes	46	54
No	50	50

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\*\* p<.001

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 55: Mode of Transportation to and from School  
on a Typical School Day (Diary Sample)**

What was the primary way your child got *to school* today?

What was the primary way your child got home *from school* today?

<b>Transportation Mode <u>to</u> School</b>	<b>Average Percent</b>
Car/carpool	71
School bus	11
Walk	18
Bicycle	1
<b>Transportation Mode <u>from</u> School</b>	<b>Average Percent</b>
Car/carpool	62
School bus	13
Walk	24
Bicycle	1

Excludes those reporting "other" and "home school."

Columns may not add up to 100% because a subset of the categories is presented.  
Percents averaged over two days.

California Department of Health Services: September 2005



2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 56: Percentage of Children Who Reported Walking *to* School on a Typical Weekday (Diary Sample)**

What was the primary way your child got *to school* today?

	Children Who Walked to School, Average Estimated Percent <sup>1</sup>		
<b>Total</b>	<b>18</b>		
<b>Gender</b>			
Males	20		
Females	15		
<b>Ethnicity</b>			
White	14		
African American	18		
Latino	22		
Asian/Other	14		
<b>Income</b>			
≤\$19,999	33 <sup>b</sup>	***	
\$20,000 - \$49,999			19 <sup>a</sup>
≥\$50,000			13 <sup>a</sup>
<b>Federal Poverty Level</b>			
≤ 185%	26	***	
> 185%			13
<b>Food Stamps</b>			
Yes	38	**	
No			16
<b>Overweight Status</b>			
Not at Risk	16		
At Risk/Overweight	18		
<b>Physical Activity</b>			
≥60 minutes	17		
<60 minutes	18		
<b>School Breakfast</b>			
Yes	31	***	
No			15
<b>School Lunch</b>			
Yes	24	***	
No			8
<b>Nutrition Lesson</b>			
Yes	18		
No	17		
<b>Exercise Lesson</b>			
Yes	17		
No	18		

<sup>1</sup> Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1. Excludes those reporting "other" and "home school."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 57: Percentage of Children Who Reported Walking Home  
from School on a Typical Weekday (Diary Sample)**

What was the primary way your child got home from school today?

	Children Who Walked Home from School, Average Estimated Percent <sup>1</sup>
<b>Total</b>	<b>24</b>
<b>Gender</b>	
Males	25
Females	22
<b>Ethnicity</b>	
White	17 <sup>a</sup> *
African American	30 <sup>ab</sup>
Latino	29 <sup>b</sup>
Asian/Other	23 <sup>ab</sup>
<b>Income</b>	
≤\$19,999	37 <sup>b</sup> ***
\$20,000 - \$49,999	28 <sup>b</sup>
≥\$50,000	17 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	33 ***
> 185%	19
<b>Food Stamps</b>	
Yes	35
No	23
<b>Overweight Status</b>	
Not at Risk	23
At Risk/Overweight	24
<b>Physical Activity</b>	
≥60 minutes	23
<60 minutes	25
<b>School Breakfast</b>	
Yes	38 ***
No	20
<b>School Lunch</b>	
Yes	30 ***
No	14
<b>Nutrition Lesson</b>	
Yes	24
No	24
<b>Exercise Lesson</b>	
Yes	22
No	27

<sup>1</sup> Participants get one point for walking home from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p&lt;.05

\*\*\* p&lt;.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 58: Percentage of Children Using a Physically Active Mode of Transportation<sup>1</sup> to and from School on a Typical Weekday (Diary Sample)**

What was the primary way your child got to school today?

What was the primary way your child got home from school today?

	Children Using a Physically Active Mode of Transportation to and from School, Average Estimated Percent <sup>2</sup>
<b>Total</b>	<b>17</b>
<b>Gender</b>	
Males	20 *
Females	14
<b>Ethnicity</b>	
White	14
African American	17
Latino	21
Asian/Other	14
<b>Income</b>	
≤\$19,999	32 <sup>b</sup> ***
\$20,000 - \$49,999	20 <sup>b</sup>
≥\$50,000	12 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	27 ***
> 185%	13
<b>Food Stamps</b>	
Yes	36 **
No	16
<b>Overweight Status</b>	
Not at Risk	15
At Risk/Overweight	19
<b>Physical Activity</b>	
≥60 minutes	17
<60 minutes	18
<b>School Breakfast</b>	
Yes	30 ***
No	14
<b>School Lunch</b>	
Yes	23 ***
No	8
<b>Nutrition Lesson</b>	
Yes	17
No	17
<b>Exercise Lesson</b>	
Yes	16
No	19

<sup>1</sup> Physically active modes of transportation include walking and bicycling.

<sup>2</sup> Participants get one point for walking or biking to and from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Any PE and All Children (Diary Sample)**

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?  
 About how often did you have to attend a gym or physical education class?  
 Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
	<1	1-2	3-4	5+		
<b>Children Reporting Any PE Classes Only</b>	9	56	22	13	2.3	40.3
<b>Across All Children</b>	18	50	20	12	2.1	36.6

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Diary Sample)**

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or physical education class?

Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
<b>Total</b>	<b>2.1</b>	<b>37</b>
<b>Gender</b>		
Males	2.0	35 **
Females	2.2	39
<b>Ethnicity</b>		
White	2.1 <sup>ab</sup> **	37 <sup>ab</sup> **
African American	2.5 <sup>b</sup>	39 <sup>ab</sup>
Latino	1.8 <sup>a</sup>	34 <sup>a</sup>
Asian/Other	2.3 <sup>b</sup>	41 <sup>b</sup>
<b>Income</b>		
≤\$19,999	1.7 <sup>a</sup> *	28 <sup>a</sup> ***
\$20,000 - \$49,999	2.0 <sup>a</sup>	37 <sup>b</sup>
≥\$50,000	2.2 <sup>a</sup>	39 <sup>b</sup>
<b>Federal Poverty Level</b>		
≤ 185%	1.8 **	32 ***
> 185%	2.2	39
<b>Food Stamps</b>		
Yes	2.1	28 **
No	2.1	37
<b>Overweight Status</b>		
Not at Risk	2.1	37
At Risk/Overweight	2.0	36
<b>Physical Activity</b>		
≥60 minutes	2.1	36
<60 minutes	2.0	37
<b>School Breakfast</b>		
Yes	2.0	34
No	2.1	37
<b>School Lunch</b>		
Yes	2.0	35 *
No	2.1	39
<b>Nutrition Lesson</b>		
Yes	2.2 *	37
No	1.9	36
<b>Exercise Lesson</b>		
Yes	2.2 **	37
No	1.7	35

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday:  
Television, Video Games and Computer for Fun (Diary Sample)**

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean <sup>1</sup>	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent <sup>2</sup>
<b>Total</b>	<b>90</b>	<b>79</b>
<b>Gender</b>		
Males	93	75 **
Females	87	84
<b>Ethnicity</b>		
White	79 <sup>a</sup> *	80
African American	106 <sup>a</sup>	77
Latino	99 <sup>a</sup>	75
Asian/Other	84 <sup>a</sup>	89
<b>Income</b>		
≤\$19,999	128 <sup>b</sup> ***	66 **
\$20,000 - \$49,999	91 <sup>a</sup>	79
≥\$50,000	80 <sup>a</sup>	82
<b>Federal Poverty Level</b>		
≤ 185%	111 ***	73 **
> 185%	80	82
<b>Food Stamps</b>		
Yes	116	71
No	89	79
<b>Overweight Status</b>		
Not at Risk	87	78
At Risk/Overweight	98	79
<b>Physical Activity</b>		
≥60 minutes	90	78
<60 minutes	90	80
<b>School Breakfast</b>		
Yes	91	75
No	90	80
<b>School Lunch</b>		
Yes	100 **	76 *
No	77	84
<b>Nutrition Lesson</b>		
Yes	88	79
No	93	79
<b>Exercise Lesson</b>		
Yes	90	80
No	91	77

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

<sup>1</sup> ANOVA

<sup>2</sup> Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)**

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?

	Physical Activity Believed Needed, Percent of Children
	<b>≥60</b>
<b>Total</b>	<b>24</b>
<b>Gender</b>	
Males	24
Females	23
<b>Ethnicity</b>	
White	22
African American	22
Latino	26
Asian/Other	23
<b>Income</b>	
≤\$19,999	4 **
\$20,000 - \$49,999	26
≥\$50,000	27
<b>Federal Poverty Level</b>	
≤ 185%	19
> 185%	25
<b>Food Stamps</b>	
Yes	18
No	24
<b>Overweight Status</b>	
Not at Risk	26
At Risk/Overweight	23
<b>Physical Activity</b>	
≥60 minutes	23
<60 minutes	24
<b>School Breakfast</b>	
Yes	18
No	25
<b>School Lunch</b>	
Yes	22
No	26
<b>Nutrition Lesson</b>	
Yes	24
No	23
<b>Exercise Lesson</b>	
Yes	26
No	17

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Diary Sample)**

During the current school year, have you taken any type of sports lesson, sports class or played on a sports team that was not part of your school PE (Physical Education) or gym class?

	Children Who Played Sports Outside of PE, Percent	
<b>Total</b>	<b>64</b>	
<b>Gender</b>		
Males	67	
Females	61	
<b>Ethnicity</b>		
White	64	**
African American	46	
Latino	62	
Asian/Other	81	
<b>Income</b>		
≤\$19,999	44	***
\$20,000 - \$49,999	65	
≥\$50,000	68	
<b>Federal Poverty Level</b>		
≤ 185%	53	***
> 185%	69	
<b>Food Stamps</b>		
Yes	47	*
No	65	
<b>Overweight Status</b>		
Not at Risk	68	*
At Risk/Overweight	59	
<b>Physical Activity</b>		
≥60 minutes	74	***
<60 minutes	53	
<b>School Breakfast</b>		
Yes	57	
No	66	
<b>School Lunch</b>		
Yes	60	**
No	70	
<b>Nutrition Lesson</b>		
Yes	66	
No	61	
<b>Exercise Lesson</b>		
Yes	68	**
No	55	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001



## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 64: Top Ten Most Common Forms of Exercise or Physical Activity  
per Typical Weekday for All Occasions (Diary Sample)**

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Walking	Basketball	Walking
2nd	Basketball	Running/ Jogging	Running/ Jogging
3rd	Running/ Jogging	Walking	Playground Games
4th	General Recess	General Recess	General Recess
5th	Bicycling	Bicycling	Basketball
6th	General P.E.	Baseball	Playground Equipment <sup>4</sup>
7th	General Play <sup>1</sup>	Soccer	General P.E.
8th	Baseball	General Play	Bicycling
9th	Playground Games <sup>2</sup>	General P.E.	Rope Skipping
10th	Soccer	Tag <sup>3</sup>	General Play

Rank	White	African-American	Latino	Asian/Other
1st	Running/ Jogging	Basketball	Walking	Walking
2nd	Walking	Running/ Jogging	Basketball	Basketball
3rd	Basketball	Walking	Running/ Jogging	Running/ Jogging
4th	General Recess	Dancing	General Recess	General Recess
5th	Playground Games	General Recess	Bicycling	Bicycling
6th	Bicycling	Kickball	General Play	Baseball
7th	Baseball	General Play	General P.E.	General P.E.
8th	General P.E.	General P.E.	Baseball	Soccer
9th	General Play	Playground Games	Soccer	General Play
10th	Playground Equipment	Bicycling	Playground Games	Playground Equipment

<sup>1</sup> General play includes tree climbing, playing with the dog, etc.

<sup>2</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>3</sup> Tag includes tag, capture the flag, hide and seek, etc.

<sup>4</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

Shaded boxes were tied for a ranking.

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Diary Sample)**

About how often did you have to attend a gym or physical education class?  
Number of minutes your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	9	84.6 <sup>a</sup>
≤ 1	29	88 <sup>a</sup>
2	30	89.6 <sup>a</sup>
3-4	20	81.6 <sup>a</sup>
5	12	122.6 <sup>b</sup>

Excludes those reporting "don't know" how often.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\*\* p<.001

California Department of Health Services: September 2005

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)**

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
<b>Total</b>	<b>20</b>	<b>24</b>	<b>34</b>	<b>22</b>
<b>Gender</b>				
Males	13	22	36	28
Females	28	26	31	16
<b>Ethnicity</b>				
White	16	27	32	25
African American	20	27	34	18
Latino	25	19	33	23
Asian/Other	15	31	39	16
<b>Income</b>				
≤\$19,999	25	16	35	23
\$20,000 - \$49,999	20	23	34	22
≥\$50,000	18	26	33	22
<b>Federal Poverty Level</b>				
≤ 185%	21	21	35	23
> 185%	20	25	33	22
<b>Food Stamps</b>				
Yes	23	9	17	51
No	20	24	35	20
<b>Overweight Status</b>				
Not at Risk	17	22	35	26
At Risk/Overweight	23	27	34	16
<b>Physical Activity</b>				
≥60 minutes	5	23	37	34
<60 minutes	37	24	30	9
<b>School Breakfast</b>				
Yes	10	12	41	37
No	22	26	32	19
<b>School Lunch</b>				
Yes	20	21	34	25
No	19	28	34	19
<b>Nutrition Lesson</b>				
Yes	16	27	35	22
No	26	20	32	22
<b>Exercise Lesson</b>				
Yes	20	25	32	23
No	21	20	38	21

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)**

About how many days each week do you think you should exercise or be physically active ~~by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?~~

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	7	11	30	48	11
3-4	25	25	26	33	16
5-6	31	20	32	29	20
7+	37	14	22	39	25

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 77: Percentage of Children Who Participated in Adult-Supervised, Informal Physical Activities After School (Diary Sample)**

Other than sports lessons, classes, or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school?

	Participation in Informal Physical Activities, Percent of Children
<b>Total</b>	<b>31</b>
<b>Gender</b>	
Males	33
Females	27
<b>Ethnicity</b>	
White	27 ***
African American	50
Latino	26
Asian/Other	43
<b>Income</b>	
≤\$19,999	29
\$20,000 - \$49,999	32
≥\$50,000	30
<b>Federal Poverty Level</b>	
≤ 185%	25 *
> 185%	33
<b>Food Stamps</b>	
Yes	23
No	31
<b>Overweight Status</b>	
Not at Risk	34
At Risk/Overweight	28
<b>Physical Activity</b>	
≥60 minutes	34 *
<60 minutes	27
<b>School Breakfast</b>	
Yes	36
No	29
<b>School Lunch</b>	
Yes	30
No	31
<b>Nutrition Lesson</b>	
Yes	36 **
No	24
<b>Exercise Lesson</b>	
Yes	35 ***
No	21

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 66: Distribution of Overweight Status of California Children Based on Body Mass Index<sup>1,2</sup> (Diary Sample)**

What is your child's current height in feet and inches?

What is your child's current weight in pounds?

	Overweight Status, Percent of Children		
	Not at Risk	At Risk (85th Percentile) <sup>3</sup>	Overweight (95th Percentile) <sup>4</sup>
<b>Total</b>	<b>62</b>	<b>20</b>	<b>18</b>
<b>Gender</b>			
Males	59	21	20
Females	66	18	16
<b>Ethnicity</b>			
White	71	18	11
African American	58	20	22
Latino	56	21	23
Asian/Other	61	21	18
<b>Income</b>			
≤\$19,999	52	27	20
\$20,000 - \$49,999	61	22	17
≥\$50,000	66	17	17
<b>Federal Poverty Level</b>			
≤ 185%	55	26	19
> 185%	66	17	17
<b>Food Stamps</b>			
Yes	50	34	16
No	63	19	18
<b>Overweight Status</b>			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A
<b>Physical Activity</b>			
≥60 minutes	63	22	16
<60 minutes	62	18	20
<b>School Breakfast</b>			
Yes	54	28	18
No	64	18	18
<b>School Lunch</b>			
Yes	59	22	20
No	67	17	15
<b>Nutrition Lesson</b>			
Yes	66	20	14
No	58	20	22
<b>Exercise Lesson</b>			
Yes	64	21	15
No	60	17	23

<sup>1</sup> Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters<sup>2</sup>.

<sup>2</sup> Calculated using the Reference Data for Obesity. CDC website, 2000.

<sup>3</sup> BMI ≥ 85th <95th Percentile

<sup>4</sup> BMI ≥ 95th Percentile

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi-Square Test

\* p&lt;.05

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)**

During this school year, have you had any lessons from a teacher, coach or some other type of instructor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise and Health
<b>Total</b>	<b>57</b>	<b>68</b>
<b>Gender</b>		
Males	59	71 *
Females	54	64
<b>Ethnicity</b>		
White	58 **	70
African American	64	68
Latino	51	65
Asian/Other	70	73
<b>Income</b>		
≤\$19,999	48 *	52 **
\$20,000 - \$49,999	53	68
≥\$50,000	62	72
<b>Federal Poverty Level</b>		
≤ 185%	47 ***	58 ***
> 185%	62	73
<b>Food Stamps</b>		
Yes	43	50 *
No	57	68
<b>Overweight Status</b>		
Not at Risk	60	69
At Risk/Overweight	52	65
<b>Physical Activity</b>		
≥60 minutes	56	70
<60 minutes	58	66
<b>School Breakfast</b>		
Yes	47 *	59 *
No	59	70
<b>School Lunch</b>		
Yes	58	70
No	56	65
<b>Nutrition Lesson</b>		
Yes	N/A	92 ***
No	N/A	35
<b>Exercise Lesson</b>		
Yes	78 ***	N/A
No	13	N/A

No lessons includes "no," "not sure," and "no answer."

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 5: Percentage of California Children Reporting Awareness of the *Campaign's* Television Spots (Phone Sample)**

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called~~ about *5 a Day-Power Play!*?

	Aware of the <i>Campaign's</i> Television Spots, Percent of Children
<b>Total</b>	<b>40</b>
<b>Gender</b>	
Males	44
Females	36
<b>Ethnicity</b>	
White	35
African American	35
Latino	43
Asian/Other	47
<b>Income</b>	
≤\$19,999	56 *
\$20,000 - \$49,999	40
≥\$50,000	36
<b>Federal Poverty Level</b>	
≤ 185%	51 **
> 185%	35
<b>Food Stamps</b>	
Yes	35
No	41
<b>Overweight Status</b>	
Not at Risk	37
At Risk/Overweight	46
<b>Physical Activity</b>	
≥60 minutes	38
<60 minutes	43
<b>School Breakfast</b>	
Yes	39
No	40
<b>School Lunch</b>	
Yes	41
No	39
<b>Nutrition Lesson</b>	
Yes	40
No	41
<b>Exercise Lesson</b>	
Yes	42
No	36

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*  $p < .05$

\*\*  $p < .01$



# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 5a: Percentage of California Children Reporting Awareness of the *Campaign* Other Than Television Spots (Phone Sample)**

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the <i>Campaign</i> Other than Television Spots, Percent of Children	
Total	24	
Gender		
Males	26	
Females	21	
Ethnicity		
White	18	**
African American	37	
Latino	30	
Asian/Other	13	
Income		
≤\$19,999	42	**
\$20,000 - \$49,999	19	
≥\$50,000	22	
Federal Poverty Level		
≤ 185%	30	*
> 185%	20	
Food Stamps		
Yes	25	
No	24	
Overweight Status		
Not at Risk	26	
At Risk/Overweight	20	
Physical Activity		
≥60 minutes	24	
<60 minutes	22	
School Breakfast		
Yes	18	
No	25	
School Lunch		
Yes	24	
No	24	
Nutrition Lesson		
Yes	20	*
No	30	
Exercise Lesson		
Yes	22	
No	28	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 5b: Percentage of California Children Reporting Awareness of the *Campaign* (Phone Sample)**

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about~~ *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the <i>Campaign</i> , Percent of Children
<b>Total</b>	<b>48</b>
<b>Gender</b>	
Males	50
Females	46
<b>Ethnicity</b>	
White	43
African American	54
Latino	52
Asian/Other	47
<b>Income</b>	
≤\$19,999	57
\$20,000 - \$49,999	45
≥\$50,000	48
<b>Federal Poverty Level</b>	
≤ 185%	56
> 185%	45
<b>Food Stamps</b>	
Yes	39
No	49
<b>Overweight Status</b>	
Not at Risk	47
At Risk/Overweight	52
<b>Physical Activity</b>	
≥60 minutes	46
<60 minutes	51
<b>School Breakfast</b>	
Yes	45
No	49
<b>School Lunch</b>	
Yes	48
No	49
<b>Nutrition Lesson</b>	
Yes	46
No	51
<b>Exercise Lesson</b>	
Yes	48
No	48

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*  $p < .05$

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 7: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *Campaign's* Television Spots<sup>1</sup> (Phone Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about~~ *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables, Percent of Children			
		0 <sup>2</sup>	1-2	3-4	5+
<b>Total</b>	<b>Percent</b>	<b>6</b>	<b>29</b>	<b>41</b>	<b>24</b>
<b>Aware of the <i>Campaign's</i> Television Spots</b>					
Yes	40	5	25	45	24
No	60	7	32	37	24

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 7a: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *Campaign*<sup>1</sup> (Phone Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about~~ *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables, Percent of Children			
		0 <sup>2</sup>	1-2	3-4	5+
<b>Total</b>	<b>Percent</b>	<b>6</b>	<b>29</b>	<b>41</b>	<b>24</b>
<b>Aware of the <i>Campaign</i></b>					
Yes	48	5	28	44	23
No	52	7	30	38	25

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 8: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign's* Television Spots<sup>1</sup> (Phone Sample)**

How many total servings of fruits, ~~fruit juice,~~ and vegetables ~~or salads~~ do you think you should eat every day for good health?

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program-called about~~ *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables Believed Needed <sup>2</sup> , Percent of Children		
		1-2	3-4	5+
Total	Percent	13	32	55
<b>Aware of the <i>Campaign's</i> Television Spots</b>				
Yes	40	7	29	64
No	60	18	34	49

\*\*

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

California Department of Health Services: September 2005

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 8a: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign*<sup>1</sup> (Phone Sample)**

How many total servings of fruits, ~~fruit juice,~~ and vegetables ~~or salads~~ do you think you should eat every day for good health?

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about~~ *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables Believed Needed <sup>2</sup> , Percent of Children		
		1-2	3-4	5+
<b>Total</b>	<b>Percent</b>	<b>13</b>	<b>32</b>	<b>55</b>
<b>Aware of the <i>Campaign</i></b>				
Yes	48	7	30	63
No	52	19	34	48

\*\*

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

California Department of Health Services: September 2005